

Learn about science & change your lifestyle habits!



Are you concerned about your teen's weight?

We are looking for families to work with us to redesign healthy living for teens.

What you will be asked to do:

- o Small group sessions on lifestyle behavior and mental health
- o Meet online 2-3x per week for 16 weeks

Contact us for more information

Phone: 204-789-3591

Email: dream@umanitoba.ca

We want teens that are:

- o 14-17 years old
- o Interested in learning and co-creating a new, healthy lifestyle

We want to know what teens need to help manage their weight!